

## FAQS

### Bringing Recovery Supports To Scale Technical Assistance Strategy (BRSS TACS)

#### 1. What is BRSS TACS?

The Bringing Recovery Supports to Scale Technical Assistance Strategy (BRSS TACS) is a SAMHSA technical assistance effort initiated in 2011. With leadership and involvement from people in recovery, BRSS TACS assists States, Territories, Tribes, and providers—including peer providers—families, and other stakeholders to promote and implement recovery-oriented supports, services, and systems.

#### 2. Why such a long acronym?

The multiple aims of BRSS TACS are reflected in its long title. The project not only seeks to expand the use of *recovery supports*, but it wants to *bring them to scale* on a systems level and on a national level, so that these services become the norm. It is also not only a *technical assistance center*, but an approach, or a *strategy*, to change our thinking about what works in supporting recovery for people with mental health and/or substance use disorders.

#### 3. How does BRSS TACS define recovery?

BRSS TACS is intended to help operationalize the SAMHSA working definition of recovery: Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. SAMHSA has also defined four “dimensions” of recovery (health, home, purpose, community), and 10 guiding principles. To read SAMHSA’s full *Working Definition of Recovery*, click on the link <http://www.samhsa.gov/recovery>.

#### 4. What are recovery supports and services?

Put simply, “recovery supports and services” are resources people want and need to lead personally meaningful and productive lives. This can mean something different from person to person. However, certain best practices and strategies have been promoted as effective and commonly requested recovery supports. These include peer specialists, recovery coaches, decision aids, mutual aid groups, supported housing, recovery housing, supported employment, and others.

#### 5. Why did SAMHSA launch BRSS TACS?

Approximately 22 million Americans struggle with addiction. In 2011, an estimated 45.6 million adults aged 18 or older in the United States had a mental illness in the past year. Nearly 1.3 percent of young adults have a serious mental health condition, and a third of those also have a substance use disorder. Mortality rates for people with these conditions are much higher than those without, and many face challenges in their attempts to access needed recovery supports and services. To change these statistics, SAMHSA works to advance best practices and promote resources to address the challenges of mental health and substance use disorders nationwide.

SAMHSA launched BRSS TACS as a major vehicle to assist, States, Territories, Tribes, providers, peers, families, and others to support people—in the context of their lives and their communities—to recover and live meaningful lives.

## 6. Who is involved in BRSS TACS?

BRSS TACS is co-managed by SAMHSA's Center for Mental Health Services and Center for Substance Abuse Treatment. This partnership is important to ensure that recovery supports and services for both mental health and substance use disorders are promoted through BRSS TACS.

BRSS TACS activities are carried out by a collaboration of 11 partners, led by the Center for Social Innovation. The collaboration represents many stakeholders in the recovery movement, including national peer, youth, and family-run organizations and recovery communities, State membership organizations, peer-run small businesses, human services technical assistance providers, and academic institutions.

- ◆ Center for Social Innovation ([www.center4si.com](http://www.center4si.com))
- ◆ Abt Associates ([www.abtassociates.com](http://www.abtassociates.com))
- ◆ Advocates for Human Potential ([www.ahpnet.com](http://www.ahpnet.com))
- ◆ Boston University Center for Psychiatric Rehabilitation ([www.cpr.bu.edu](http://www.cpr.bu.edu))
- ◆ Faces and Voices of Recovery ([www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org))
- ◆ JBS International ([www.jbsinternational.com](http://www.jbsinternational.com))
- ◆ National Coalition for Mental Health Recovery ([www.ncmhr.org](http://www.ncmhr.org))
- ◆ National Federation of Families for Children's Mental Health ([www.ffcmh.org](http://www.ffcmh.org))
- ◆ National Association of State Alcohol and Drug Abuse Directors ([www.nasadad.org](http://www.nasadad.org))
- ◆ National Association of State Mental Health Program Directors ([www.nasmhpd.org](http://www.nasmhpd.org))
- ◆ New York Association of Psychiatric Rehabilitation Services ([www.nyaprs.org](http://www.nyaprs.org))
- ◆ Pat Deegan Associates ([www.patdeegan.com](http://www.patdeegan.com))

## 7. How does BRSS TACS support States, Territories, Tribes, and providers to implement recovery supports and services?

BRSS TACS has a multi-pronged approach to help implement recovery supports and services. It offers systematic support, such as funding and planning assistance; training support, such as webinars and technical assistance; and informational support, such as web resources, tools, conferences, expert panels, and learning communities. To learn more about each of these activities, see "BRSS TACS Activities" on our webpage, <http://samhsa.gov/brss-tacs>.

## 8. Is there funding available under BRSS TACS?

Yes, there is funding available for States Territories, and Tribes and Peer-run/Recovery Community Organizations to support education, planning, and implementation of recovery supports. Requests for Applications (RFAs) are accepted annually for the following competitive awards:

- ◆ Peer-Run Organization Awards
- ◆ Policy Academy Awards
- ◆ Peer-Run Organization Awards for Health Care Reform Education

For information on these RFAs, send an email to [brsstacs@center4si.com](mailto:brsstacs@center4si.com), or contact the Center for Social Innovation at (617) 467-6014.

## 9. What does BRSS TACS hope to accomplish?

The major aim of BRSS TACS is the transformation of systems and communities to better meet the needs of the people in recovery. It hopes to do this by promoting recovery supports and services informed and guided by people in recovery; sharing information on evidence-based and emerging practices; consolidating existing resources through an online recovery library; widely disseminating state-of-the-art information on recovery supports and services; diffusing innovative practices; implementation through cross-sector collaboration of Recovery Action Support Action Plans for States, Territories, Tribes, and communities; reviewing and analyzing research related to recovery supports and services; and creating peer-driven, recovery-oriented systems of care.

## 10. Can I request help from BRSS TACS?

Yes, many states, organizations, and individuals have requested help from BRSS TACS on a range of issues related to recovery supports and services. For example, capacity-building for Peer-run and Recovery Community Organizations, recovery supports for specific populations, core competencies for behavioral health workers working in recovery-oriented systems and opportunities under health reform to implement and sustain peer-provided recovery supports. For information on technical assistance, send an email to [brsstacs@center4si.com](mailto:brsstacs@center4si.com), or contact the Center for Social Innovation at (617) 467-6014.

## 11. Where can I learn more about BRSS TACS?

You can learn more about BRSS TACS on our webpage, (<http://samhsa.gov/brss-tacs>) found under the Recovery Support link on the SAMHSA homepage (<http://www.samhsa.gov/recovery>). There you can learn more about BRSS TACS activities, training opportunities, and more. You can also sign up to receive regular updates on the BRSS TACS project and upcoming events by joining our email list. Request to be added by email at [brsstacs@center4si.com](mailto:brsstacs@center4si.com), or by phone at the Center for Social Innovation, (617) 467-6014.

## 12. How can I access products, webinars, or resources developed by BRSS TACS?

You can find out about all BRSS TACS activities on the BRSS TACS webpage, (<http://samhsa.gov/brss-tacs>) on the SAMHSA site. If you have additional questions, email [brsstacs@center4si.com](mailto:brsstacs@center4si.com).

## 13. How can I let BRSS TACS know about good recovery programs, strategies, activities, resources, videos, and events so that they can inform others?

You can spread the word by informing BRSS TACS staff. Send an email to [brsstacs@center4si.com](mailto:brsstacs@center4si.com), or contact the Center for Social Innovation at (617) 467-6014.